1: Gorer J-5 (1937)1938 AK5 Lepcha AK5



Work in the fields, whether sowing, weeding or harvesting, is nearly always done in large parties. These parties are made up partly of relations by blood or marriage, and partly by friends. Since the Lepchas trace relationship back nine generations on the father's side and at least four on the mother's there is a tendency for most villagers to have some relationship; I should guess that out of a dozen Lepchas of Lingthem taken by chance, a relationship chain could be established between eight of them. But this relationship is not necessary for field-helpers; in nearly all the lists I made there were a few people quite unrelated.

Help in the fields is always repaid with a similar amount of labour; for sowing and weeding the helpers are also always given a meal with meat. At harvesting a meal need not be given to people who volunteer their services, but must be given to those who are asked to help. At harvest payment is given in kind: forty to fifty pounds of rice to an adult worker, a big basket of millet or maize, thirty to forty pounds of buckwheat. Children are given proportionately less. The first person to harvest his dry rice, and the last to harvest the wet, must make a small present of the grain to all the other householders. Because cardamum is a money-producing and not a food-producing crop help with it is paid for in money; a rupee a head is given for work in the fields and Rs. 3/– for carrying a maund[6] to market.

iv

The most general food of the Lepchas is rice. This is prepared in four main ways; boiled whole after husking in water and eaten with meat or vegetables or other seasoning; boiled whole in milk; 'puffed', or ground fine and made into a pudding. This ground-rice pudding is often given to children. Wheat and maize may be eaten in the same way if there is no rice, but they are not liked. Buckwheat is ground and mixed with water and baked on the

[6] The *maund*, which is divided into 40 *seers* is the current measure of weight in India. A maund is meant to represent the load one man can lift, and its equivalent in European measure depends partly on *what* is measured, and partly on *where* it is measured. (Similar confusion can be found in various English measures of agricultural produce such as a bushel, or a truss.) On the Indian railways a maund is equated to 80 lbs., which makes the seer 2 lbs. The Lepchas have their own measures according to the size of the basket used. Since all these measures are very rough I have generally given an approximate equivalent in lbs. avoirdupois.

1: Gorer J-5 (1937)1938 AK5 Lepcha AK5



252 262 264 [272] cooking stones; it makes a greenish cake, or 'bread' as the Lepchas call it, of an astonishingly leathery consistency. On ordinary days, besides snacks, the Lepchas eat two meals; the bigger one in the morning, drunk with tea, Tibetan fashion, before going to work; and a second meal in the evenings with *chi* to accompany it.

273 Millet is grown exclusively for fermenting for *chi* and is never eaten by human beings; if there is no millet any other grain will be fermented in the same way; if there is no grain bootleg liquor is made out of the pith of different tree-ferns, which is pounded and buried. The making of this alcohol from forest produce is formally forbidden but is done almost continuously; it is very strong and potentially poisonous, and has a strong purgative effect. This alcohol is under the protection of a supernatural called Manoong *moong* and when the fermented pith is pounded on a piece of wood offerings of sticks placed on the press are made to the supernatural, who will make the drink stronger or weaker according to the size of his offerings.

*Chi* can be prepared in about nine days, but it is stronger and more appreciated if it is left to ferment longer. Specially strong [846] *chi* is always prepared against a woman's lying-in and is given to her as a strengthening food for a month after delivery. To prepare *chi* the grain is first trodden to separate it from the husks and then put in a basket and well washed in a stream. A copper [415] vessel is also well washed and the grain put in it; it is then covered with cold water and boiled until all the water is absorbed, being stirred all the time with a wooden spoon. To make sure that all the water is absorbed the wooden spoon is stuck down to the bottom of the pot; if it comes up dripping further cooking is necessary. When it has cooked sufficiently the pot is upset on to a bamboo mat; after an hour it is removed and the cooked grain is spread all over the mat. Then a big wicker basket is well lined with bracken; the grain is mixed with powdered yeast and put into the basket which is covered with more bracken and a tightly tied cloth. The basket is then set in a corner, well away from the fire, for two or three days, at the end of which time the smell of fermentation becomes noticeable. Then special big leaves are fetched from the forest and a new basket is lined with them and the grain is transferred to the new basket, which is well tied up and set over the fire on the drying ledge. It is fit to drink after three days but it is better kept longer; it becomes undrinkable after four months.

1: Gorer J-5 (1937)1938 AK5 Lepcha AK5



not, they say, what would the poor pigs have to eat? Pigs are normally fed on the used grain, unless it is rice *chi*, when the soused grain is eaten by humans. The Lepchas believe that *chi* has medicinal qualities, and especially that it is a protection against chills; it is always given to invalids. They start drinking it from the moment that they can walk and continue all their lives. It does not seem to me to be strong enough to have any deleterious effect; except for very young children and a few unstable adults, *chi* does not produce any of the usual stigmata of drunkenness. Lepchas are very conscious of the risk of drink producing quarrelling; in the myth which tells of the origin of *chi*[6] the original yeast was stolen from an old woman who put the curse of quarrelsomeness on it. In point of fact I heard practically no quarrelling at feasts, though people became loud-mouthed, and more shameless in speech than ever, and a couple of men, Dumbi and Katel, used to get maudlin and say how miserable they were and threaten suicide. Unconsciousness induced by drink is unheard of, and so is physical incapacity; but at a feast people usually sleep where they are and only go home in the morning. Drink is mellowing, soothing and pleasant, rather than stimulating and exciting.

Fish is occasionally caught and eaten boiled, as a relish, but not very often. Meat is somewhat of a luxury, and on the whole people do not kill animals except as a sacrifice or when giving a big feast. There are, however, some exceptions to this; Tempa, who had a number of oxen and not very much grain, killed a couple of his cattle and exchanged the meat for the grain he needed. Fowls, wild birds and goat meat are eaten fresh; but beef and pork are preferred high; according to the weather the meat is kept from four days in the hottest season to a fortnight or longer in the coldest weather, before it is considered to be at its most tasty. Only if meat is maggoty will it be thrown away unused. Dead domestic animals and carrion found in the jungle will be eaten unless putrid. Meat is nearly always boiled; and sausages are made from the intestines of bigger animals which are cleaned and stuffed with the edible internal organs chopped fine together with flavouring herbs. These sausages are always made immediately after an animal has been killed. Another favourite form of relish is bullock skin which has been exposed to the sun and then boiled for a very long time until the inside fat is tender; it is eaten cold. There is a certain amount of variety in the manner

[6] See Appendix IV: The Sacred story of the origin of marriage.

1: Gorer J-5 (1937)1938 AK5 Lepcha AK5







WOMEN PREPARE FOOD

Chlaa Mandal's two wives winnow rice on the balcony of their house.

Mrs. Gongyop and Mrs. Chano join together to pound rice in the courtyard. Behind, a dog has got on to the balcony, where it has no right to be.

[facing p. 264]

252
291

1: Gorer J-5 (1937)1938 AK5 Lepcha AK5



Lepcha children do not manifest. The extra timidity and lack of self-reliance seems to persist amongst such children until they are themselves parents. Amongst adults I did not notice any consistent type of behaviour which would indicate an only child, but the youngest, if there were elder siblings living, seemed to carry a great deal of their attitude of reliance on their parents over to their elder siblings until relatively late in life. The Lepchas agree that a youngest child is generally the best loved and most spoilt and given the best food, but they did not consider that there was any consistent difference in character between the youngest and other children; some might be cleverer than their elders, others duller.

Babies are very little talked to, and when they are it is usually in baby language. They are patted and kissed quite a lot. Kissing—the pressing of the lips on to another's cheek—is exclusively a pattern of behaviour between adults and young children. It forms no part of adult sexual behaviour. Adults who have been in the relationship of parent and child click their tongues at one another when they meet after a prolonged absence. Occasionally a woman will play with a baby's lips and tongue with her own tongue—a pastime both parties appear to enjoy; but by far the most common stimulation of children is patting their bottoms while they are being carried on a person's back; both men and women do this almost automatically when they are walking about or standing talking while carrying a baby; the patting is gentle and rhythmic.

Until a child is fairly well developed its parents do not encourage it to acquire physical independence and body techniques, chiefly I think on account of the long distances people have to go to reach their fields; a toddling and stumbling baby is far more of a handicap than a carried one. Elder siblings are more likely to encourage a baby in walking and balance, as the baby is a far greater burden and drawback to a child of six or seven than to an adult. The Lepchas consider that the backwardness of only children is due to the fact that they have no elder siblings to encourage and teach them.

While a baby is still at the breast its chief diet is pounded grain cooked in water or milk. When they have all their teeth they are given little pieces of meat, but only as titbits and not as the main part of the meal. They are given fruits as they ripen. After about the age of two they are given popped corn and cooked grain to nibble while they are hungry, and from about that age they start getting a sip of *chi*.

2: Morris T-5 (1937)1938 AK5 Lepcha AK5



173 three whole nights. Higher up the valley there is a place
683 called Shuk, the home of many Mungs. From this place the mother called up the demon whose name was Sor; and told him in future to trouble all people. This was the revenge she took for the death of her only two sons.

787 If a person dreams that he sees a kite flying through the sky it is a clear indication that trouble is coming from Sor Mung. Karma says that the night before last his mother-in-law dreamt that she saw such a bird, which came and perched on the roof of the house. It was, therefore, not surprising that yesterday she complained of pains in her heart.

159 Karma is obsessed with poison, and would nearly always, sooner or later, bring the subject into the conversation. He has been Karbari for nearly three years and will soon hand over to another. His earliest memories are of having to do hard work. When he was about three years old his father's brother was being married. He remembers his mother being
[252] seated near the fire, preparing parched rice, and his father sitting a little way off, drying it. At that time Karma's father was unwell and could not attend the wedding; but he told his wife to go, and particularly asked her to bring him back a piece of liver, for which he had a fancy. On the evening of the wedding his mother went to the house where it was being held and remained there for some time, drinking and taking part in the feast. Karma remained at home. As his father was feeling unwell they had no food that night and went to lie down early. The house was very small and had but one room. Karma lay down on his father's left and his elder brother was on the right. After some time the father started to gasp for breath. Karma wondered what was the matter, and scrambling up, he looked into his father's face and asked him what had happened; but he did not reply. His brother was still sound asleep and so he shook him. He now noticed that his father's eyes were wide open and had a fixed staring expression.

The two boys did not know what to do: all the neighbours had gone down to the wedding, except one old woman who

11:Hermanns M-5 (1951)1954
AK5 Lepcha AK5



illness which is hereditary in the family. Numerous examples prove that the Shaman disposition does in fact appear as a kind of illness."[105]

Our own studies have brought to light the existence of similar dispositions among the Rong. In both places there is the same conception of the spirits of Shaman. These spirits sometimes take the form of animals, *e.g.*, that of a bull. "His bull-form walks abroad, is also said by the forest Juraks, when the soul of a Shaman has departed to another world."[106] They also bring the deceased into the kingdom of the dead.[107] All these facts run a close parallel to our findings among the Rong and other primitive hunter tribes in India.

Further similarities are found in the mode of consecration and instruction. The Shaman costume however is fundamentally different. The Rong have no special costume, while among the different Siberian peoples, a wide variety of customs are worn.

### (*f*) The Social Classes of the Rong.

According to the general tradition existent among the Rong, they claim to have been originally a race of hunters, and that in the very early times before the Tibetans, the Bhutanese and the Nepalese had infiltrated into their country, they lived as the free rulers of the immese forests which were their home. The Lepchas have a clear knowledge of the animals, the birds, the plants, the fruits and the roots, and can tell which are poisonous and which are edible. Even today the Lepcha will not starve if the harvest fails, for he will procure as his sustenance the edible leaves, fruits and roots from the forest. One such root is the dayout-buck. After being dug up it is broken into small pieces and soaked in water for three days to remove the poison and clear off the lye. A ferment is then added and a kind of beer produced. Another root is the dog-bo or bok-yik. It is cut up, the lye cleared, and then it is cooked and crushed. The broth is eaten like rice. This is of a pale violet colour.

105. op. cit. p. 482.
106. op. cit. p. 478.
107. op. cit. p. 478.

11:Hermanns M-5 (1951)1954
AK5 Lepcha AK5



rice as a food. The fact that the offering of sacrifices to the deities concerned with farming was preponderantly a woman's concern, leads us to conclude that farming was originally the work of the women. In the olden days the fields were burnt out in order to prepare them for the plantation. Part of the forest was burnt, cleaned up, and the cultivation of grain would be carried on for one or two years, after which the tribesmen would move away to another area. This is known as shifting cultivation. Today, the burning of fields is controlled by government, lest too much damage be done to the forests. The permanent field system is the common practice today. (Fig. 25-27)

The Rong originally dug up their fields with the use of the hoe, and they did not use the plough. They have taken over the plough only recently from the Indians and the Nepalese. The Lepcha's knowledge of farming was very elementary and they could by no means compete with the Indian and Nepalese farmers. There was a reason behind this. The Lepchas were not totally dependent for their existence on farming, for the collection of roots and plants, and hunting, offered them rich sources of nourishment. A little cattle-breeding goes hand in hand with farming. They keep a few cattle and goats ; sheep are kept very seldom, and at the most one or two pigs. The cattle are the mountain Zebu. The humps of these animals are feebly developed, but for the rest they are strong animals. The Zebu are generally of a black colour. The goats are of a poor variety and have no special breed. The pig, which is different in shape from the black Chinese pig, has as its forbear the black Himalayan boar. The stomach of the pig does not hang down low ; it has small erect ears, a strong mane of bristles, and a long and pointed head. A Lepcha who is well off keeps about eight to ten cattle, and among these are two pairs of oxen for cultivation. The other animals are milk cows and calves. The milk provided by these animals is used mainly for tea ; but occasionally butter is made from it. The number of goats reared is also not very large—ranging from ten to fifteen among the richer folk. The cattle and goats are driven to the grassy slopes for grazing throughout the day and in the evening they return to their stalls. (Fig. 28)